

Red Cross Cites Drowning Danger

The danger of drowning will result from extended breath-holding under water was emphasized today by Roger Plaisted, director, Safety Services, Los Angeles Chapter, American Red Cross.

Plaisted said his warning was addressed to children and teenagers who compete with each other to see who can stay under water the longest.

"Youngsters who play this game are simply asking for trouble—and possibly tragedy," Plaisted said.

"Hyperventilating—taking several deep breaths before going under water—is a dangerous practice. This is what happens physiologically," he continued. "Before going under water an individual takes several deep breaths in order to build up as much oxygen in the lungs as possible. This deep breathing, called hyperventilation, does increase the oxygen, but it lowers the carbon dioxide in the system."

"After a period under water, because the carbon dioxide does not build up fast enough to trigger the breathing urge, the swimmer tends to stay under too long and may black out. Then, unless help is at hand to get him to the surface quickly, drowning

their children and instruct them not to play the "hold-your-breath" game. The same principles apply to swimming under water for long distances, Plaisted said.



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Dad Shoots Son

The father of a 16-year-old Torrance youth accidentally shot his son in the lower right leg Monday morning while they were hunting at Mint Canyon.

Treated at Little Company of Mary Hospital was Edward Katorke, 2707 Martha St.



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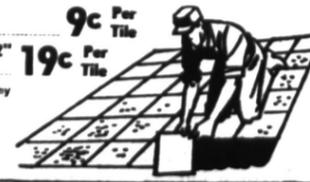
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